

Fig. 1

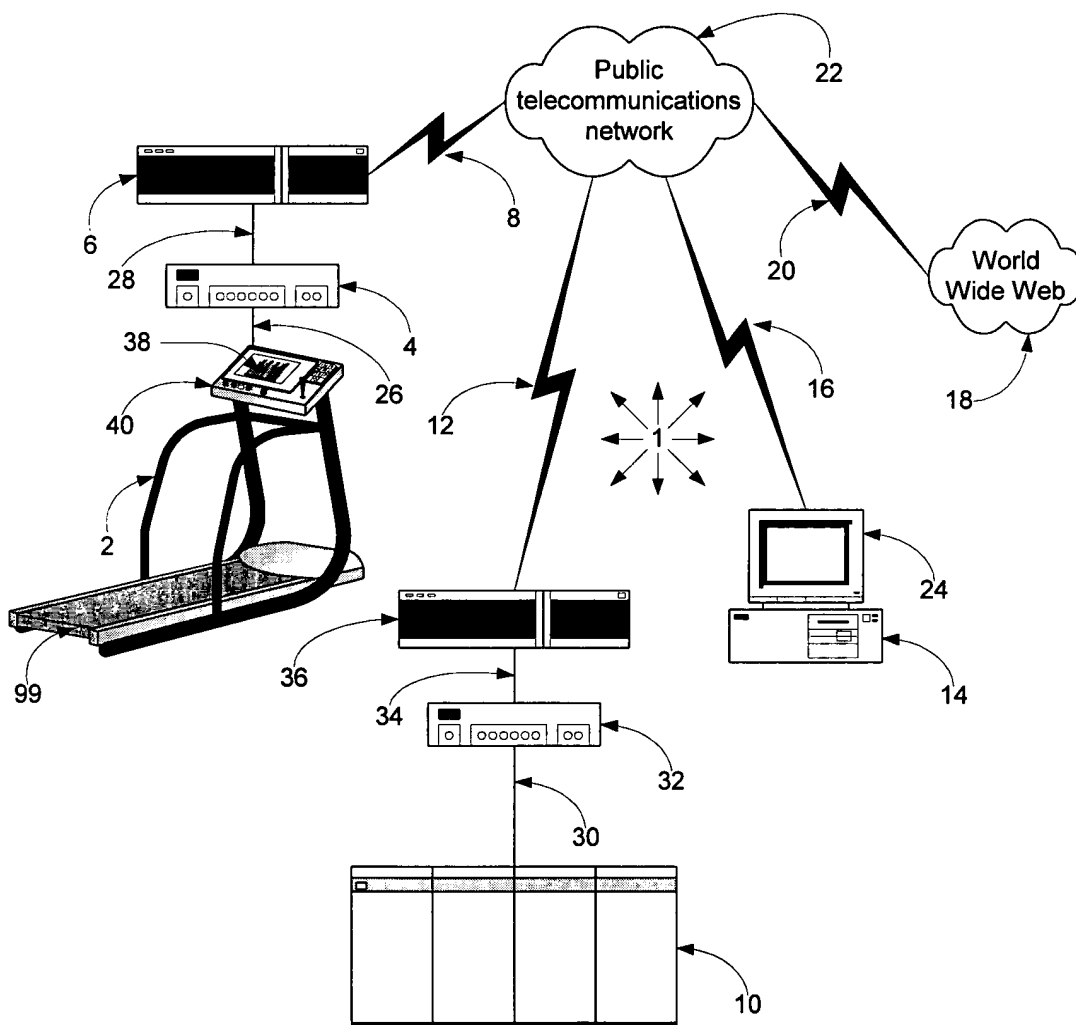


Fig. 2

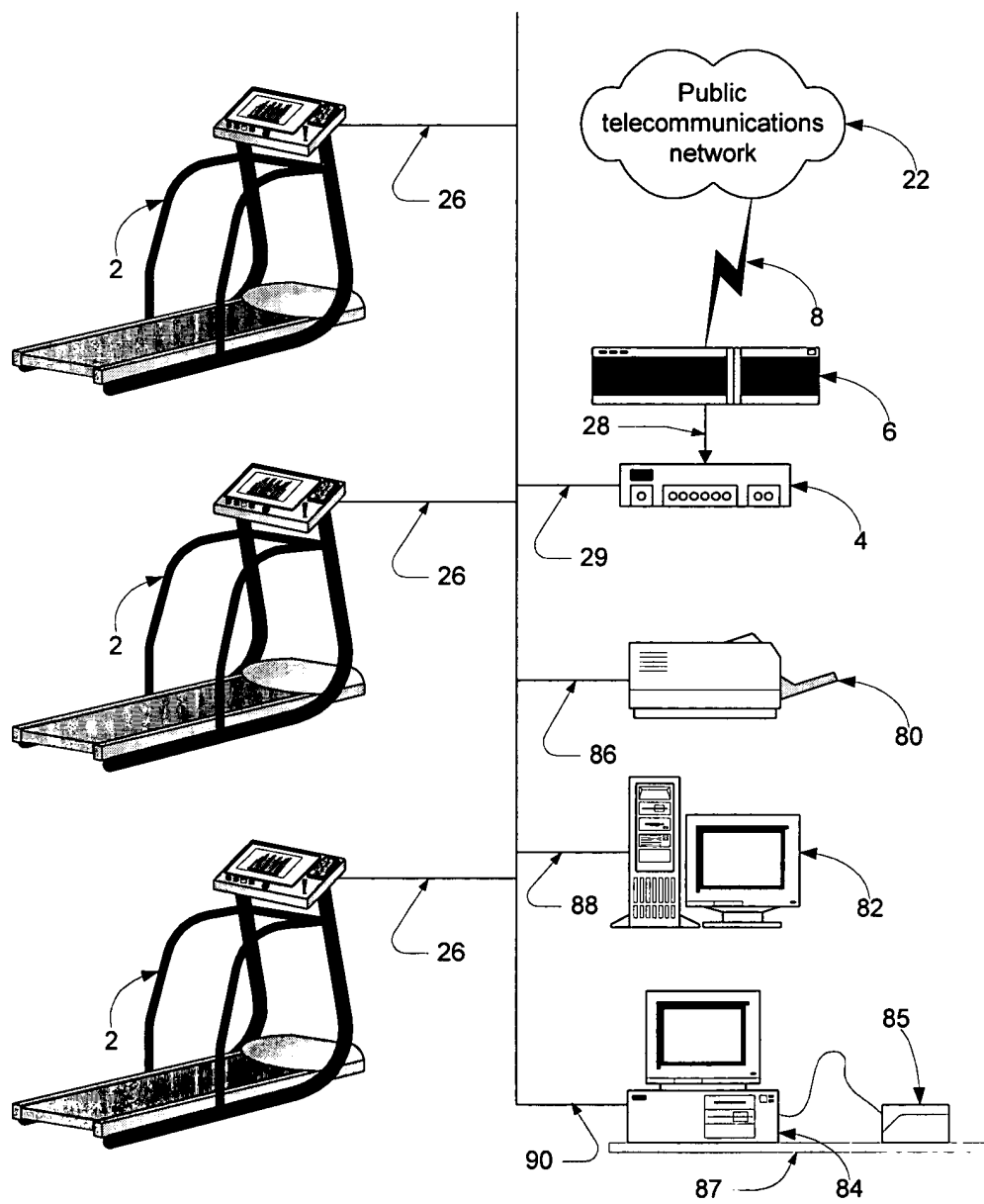


Fig. 3

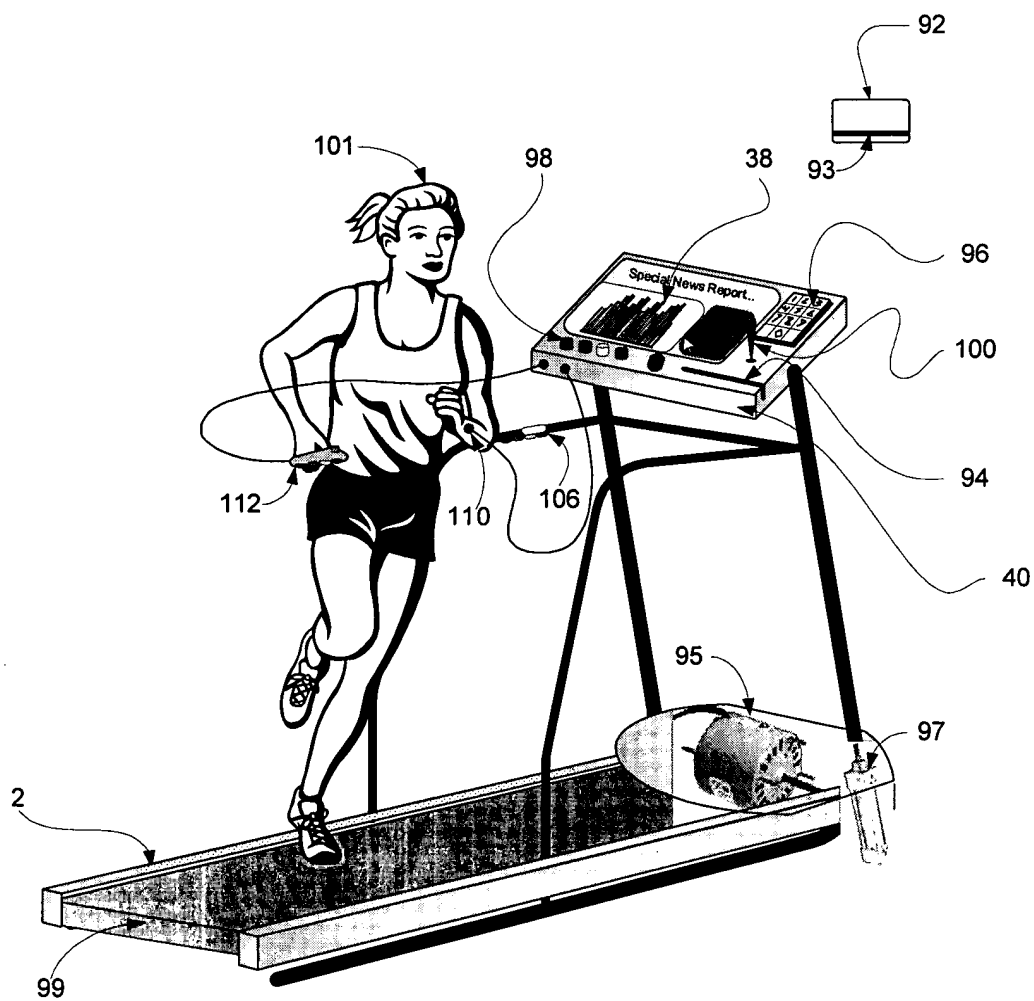


Fig. 4

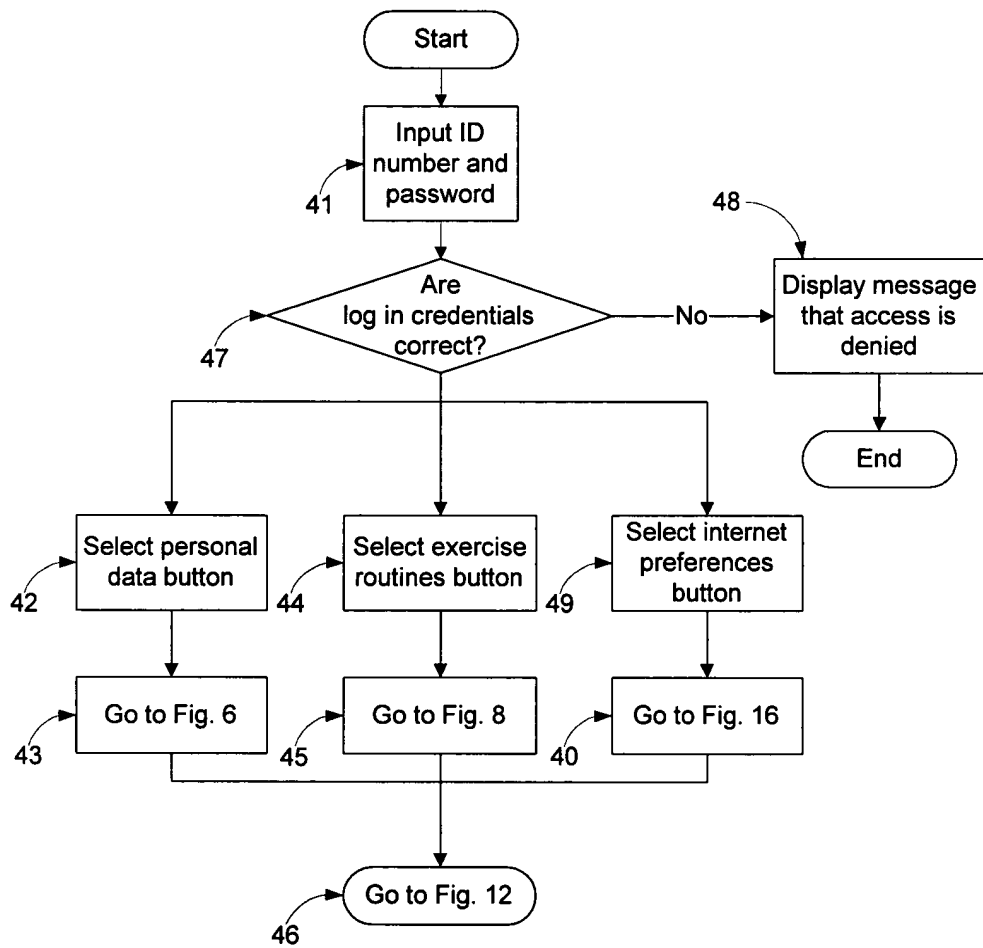


Fig. 5

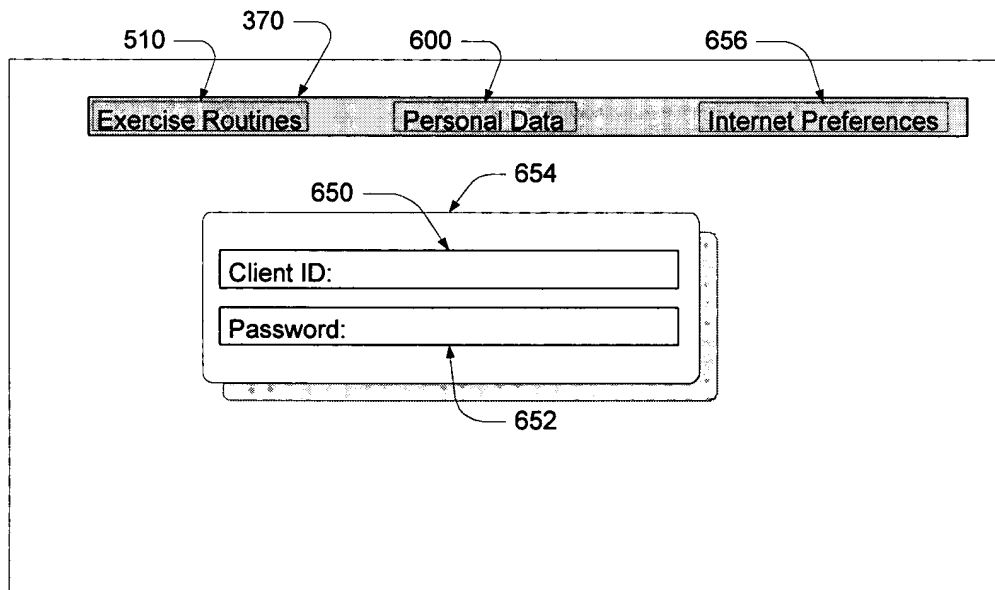


Fig. 6

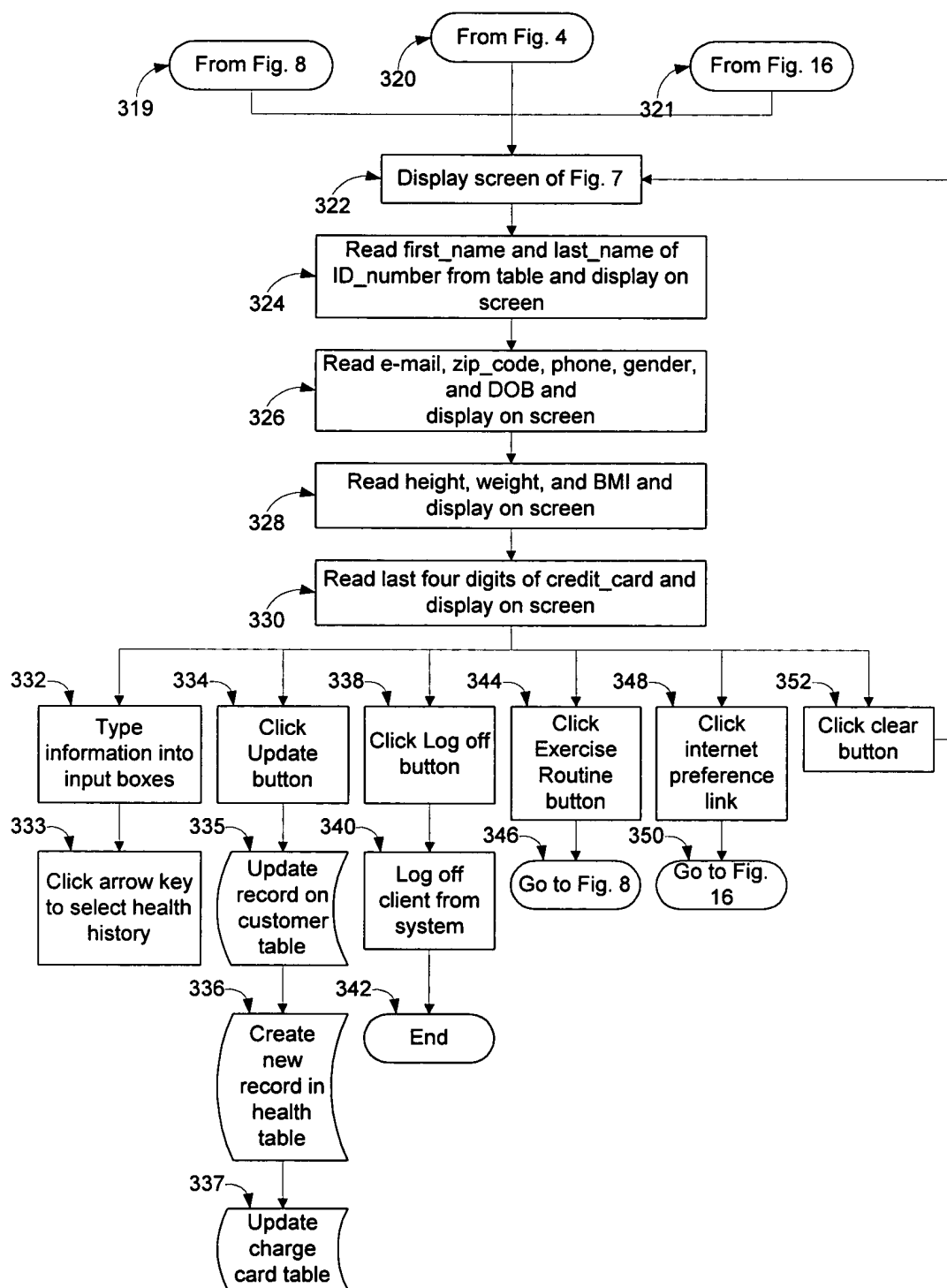


Fig. 7

510 370 600 656

Exercise Routines Personal Data Internet Preferences

Membership ID: 604 Clear 602 Log off 603 Update 632

First Name: John 605 Last Name: Smith 606

E-mail: 608

Zip: 610 Phone: 620

Sex: 624 DOB: 628

Weight: 612 Height: 622 BMI: 626

Health history: 614 Date: 618

Credit Card: 616 Exp.: 630

Fig. 8

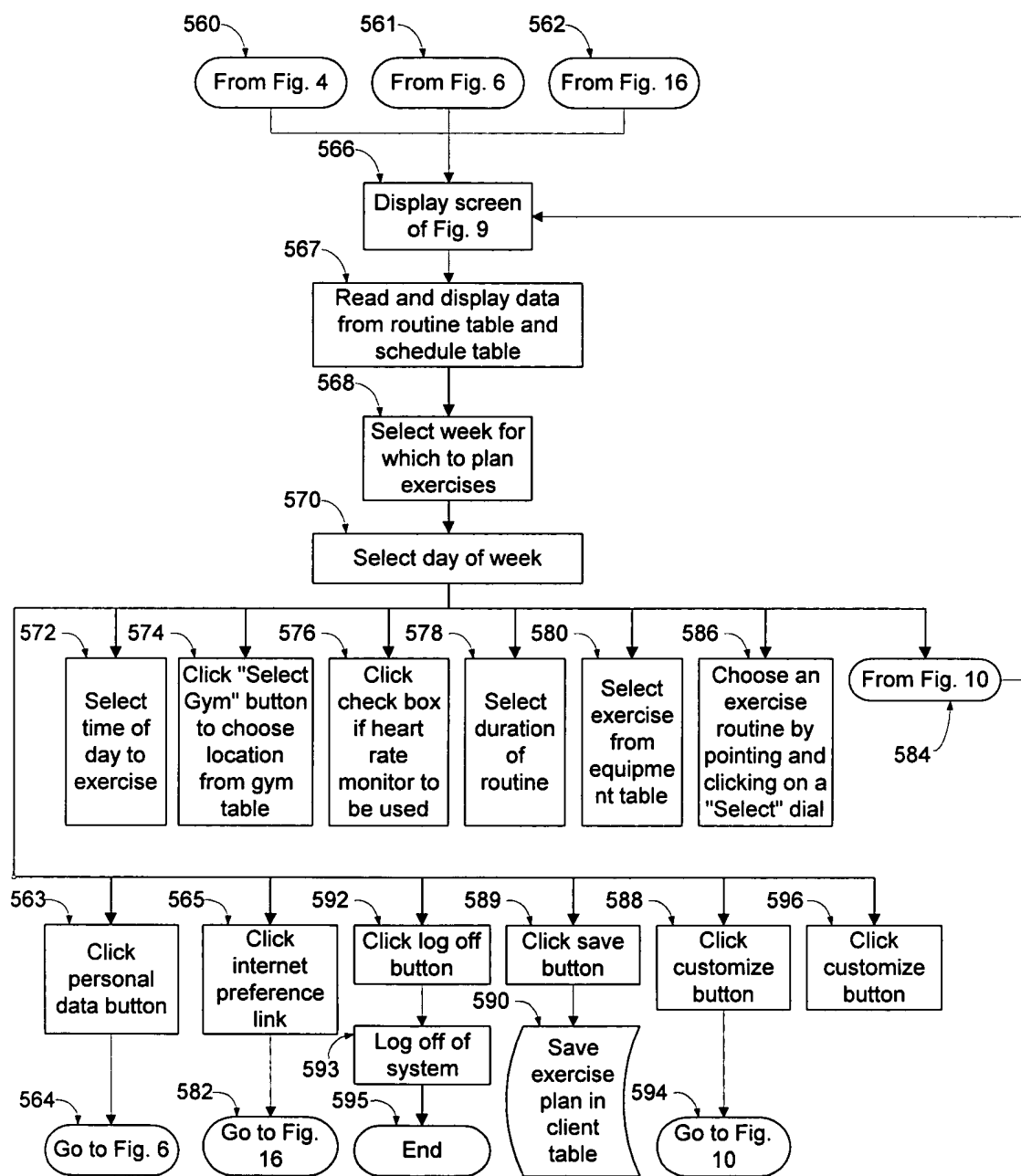


Fig. 9

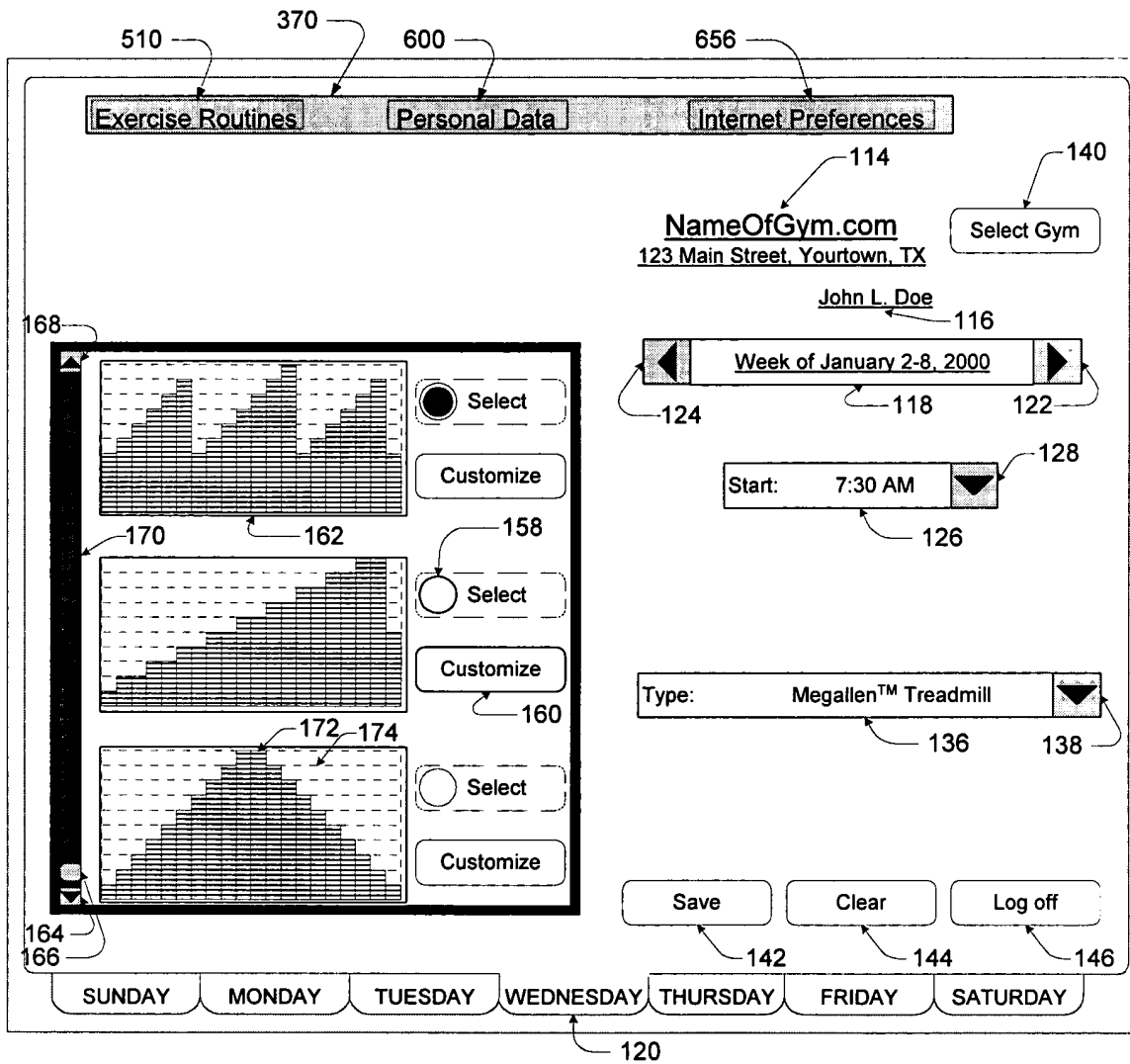


Fig. 10

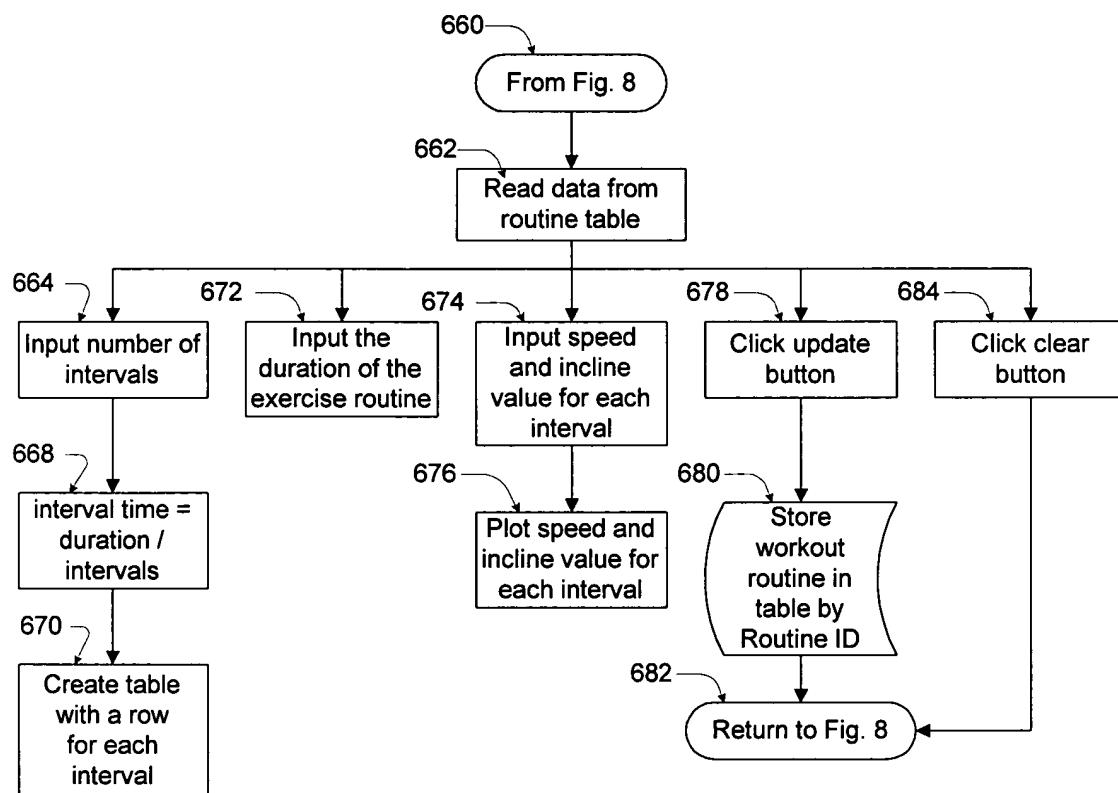


Fig. 11

The interface is divided into three main sections: Exercise Routines (510), Personal Data (370), and Internet Preferences (656).

Exercise Routines (510): A table (524) with columns Interval (526), Speed (528), and Incline (530). The table contains 8 rows of data. A vertical scrollbar (532) is located to the right of the table.

Interval	Speed	Incline
1	4	0
2	5	0
3	6	0
4	7	0
5	8	0
6	9	0
7	4	0
8	5	0

Personal Data (370): A section containing a Routine ID (514) of 05061968, a Duration (132) of 20 min. (134), Intervals (518) of 20 (516), and Interval Time of 1.

Internet Preferences (656): A section containing a bar chart (520) showing data across multiple intervals.

Buttons: A Clear button (534) and an Update button (532) are located at the bottom of the interface.

Fig. 12

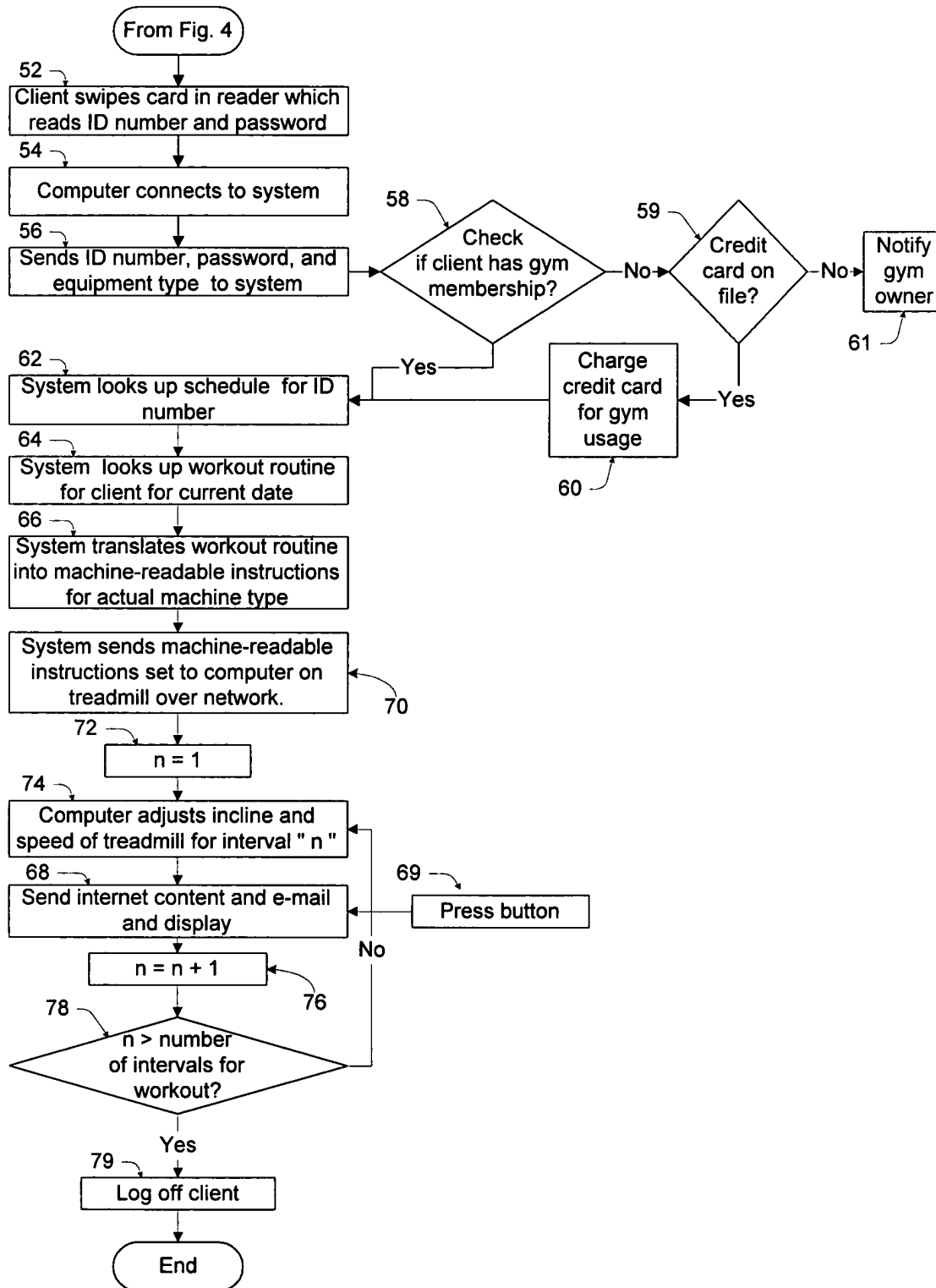


Fig. 13

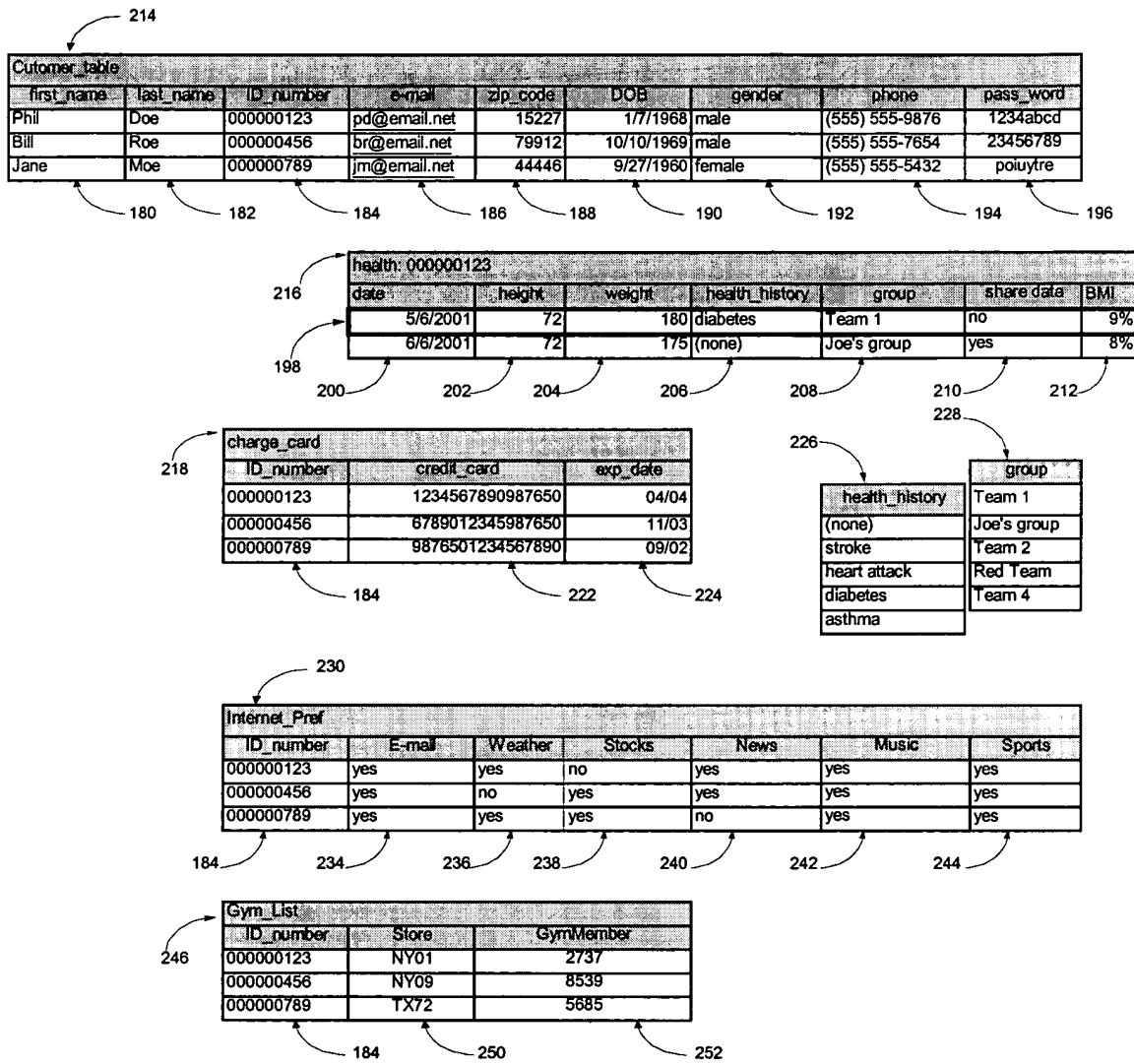


Fig. 14

260

Gym Table								
gym_name	gym_ID	e-mail	street_1	street_2	city	state	zip_code	phone
Joe's Gym	JG00238	jg@email.net	2 Main Street		Pittsburgh	PA	15227	(555) 555-9876
FitnessUSA	FUSA001	fusa@email.net	32 First Street	Suite 101	El Paso	TX	79912	(555) 555-7654
XYZ Gym	XYZ123	xyz@email.net	5 Maple Dr.		Miami	OH	44446	(555) 555-5432

262 250 266 268 270 272 274 276 278

280

Gym List					
gym_ID	equip_ID	brand	type	SN	model
JG00238	000001	Brand X	treadmill	123 000 789	S10
JG00238	000002	Brand Y	stationary bike	654 396 789	Y-1
JG00238	000003	Brand X	treadmill	123 000 790	S11

250 284 286 288 290 292

296

type_list
stationary bike
treadmill
row machine
stair climber

298 294

routine: 9876547					
interval	duration	speed	incline	int_time	
1	5	3	0	1	
2	5	3	0	1	
3	5	4	0	1	
4	5	5	0	1	
5	5	6	0	1	
6	5	7	0	1	
7	5	8	0	1	
8	5	9	0	1	
9	5	8	0	1	
10	5	6	0	1	

300 302 304 306 308

184

schedule: 000000123				
date	type	model	routine_ID	brand
1/1/00 7:00	treadmill	S10	9876543	X
1/2/00 14:00	treadmill	S10	9876543	X
1/3/00 7:00	treadmill	S10	9876543	X
1/4/00 7:00	stationary bike	Y-1	9876543	B
1/5/00 7:00	treadmill	S10	9876547	X
1/6/00 14:00	treadmill	S10	9876547	X
1/7/00 7:00	stationary bike	Y-1	9876547	B
1/7/00 15:00	treadmill	S10	9876547	X
1/9/00 6:30	treadmill	S10	9876551	X
1/10/00 7:00	treadmill	S10	9876552	X

310 312 314 316 318 270

Fig. 15

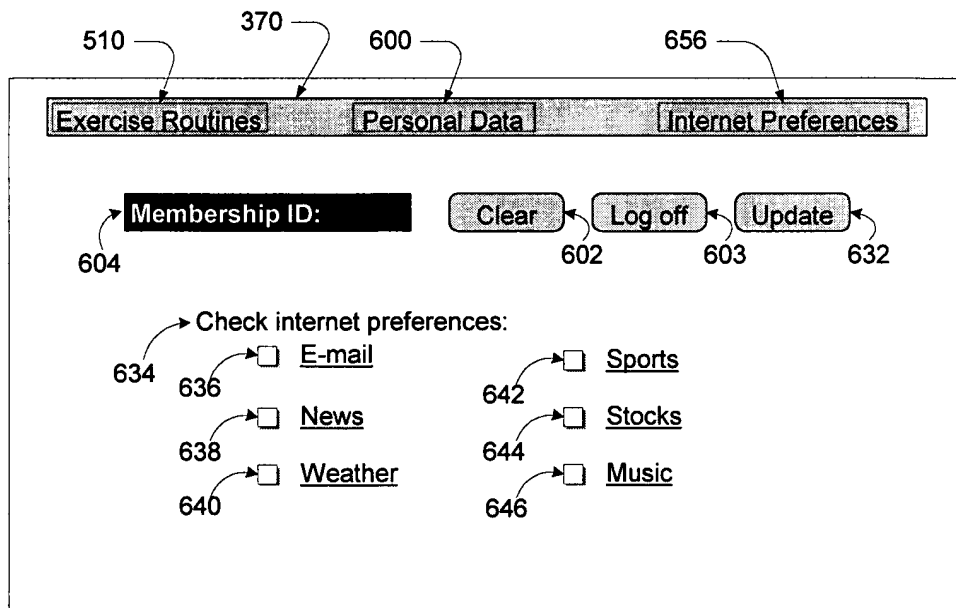


Fig. 16

